CLAIMS

I Claim

1. A method for tracking sodium intake comprising the steps of:

a. determining an amount by weight, of a standard measurement system, of dietary sodium a subject is allowed to consume during an intake period;

b. converting the amount by weight of dietary sodium so determined into intake points by use of a preset ratio of the amount by weight of the standard measurement system to intake points;

c. determining the amount by weight of the standard measurement system of dietary sodium in a portion of food that will be consumed by the subject;

d. converting the amount by weight of the standard measurement system of dietary sodium in the portion of food to be consumed to intake points by use of said preset ratio; and

e. maintaining a running sum of intake points which are equivalent to dietary sodium consumed by the subject during the intake period.

2. The method of claim 1 including the further step of repeating steps a. to e. for successive intake periods.

3. The method of claim 2 includes the step of making each intake period a day.

4. The method of claim 1 including the further steps of:

a. recording the weight of the subject at the beginning of each intake period; and

b. recording the weight of the subject at least once per day.

5. The method of claim 4 including the further steps of:

a. determining the change in weight between the weight recorded at the beginning of the intake period as compared to the weight taken at the beginning of the previous intake period;

b. determining if the change in weight exceeds a preset threshold amount; and

c. taking remedial action if the change of weight exceeds the threshold amount.

6. The method of claim 5 wherein the step of taking remedial action is consulting with a health specialists.

7. The method of claim 1 wherein the standard measurement system used is selected from the group of the English system or the Metric system.

8. The method of claim 1 wherein the standard measurement system is the Metric system.

9. The method of claim 8 wherein the preset ratio is 100 milligrams of sodium per 1 intake point.

10. The method of claim 1 wherein the step of maintaining a running sum of intake points during an intake period comprises the step of cumulatively counting the sum on a mechanical device.

11. The method of claim 10 wherein the mechanical device consists of a top sheet and a bottom sheet attached at a movable connection to each other so that when top sheet is moved progressively with respect to the bottom sheet at the movable connection a set of progressively increasing intake numbers

representative of total dietary sodium intake during an intake period are visible.

12. The method of claim 11 wherein the movable connection of the top sheet to the bottom sheet is a common pivot point and movement of the top sheet with respect to the bottom sheet consists of the step of incrementally rotating the top sheet around the pivot point to reveal in an opening on the top sheet a progressively increasing intake number on the bottom sheet equivalent to the cumulative dietary sodium intake during an intake period.

13. The method of claim 11 wherein the mechanical device consists of a card with a linear array of progressively increasing intake numbers, the numbers being set out along the card with associated stop points and a slide with position indicator whereby the slide can be detachably secured at each stop point to thereby allow for maintenance of a record of total intake points used.

14. The method of claim 1 wherein the mechanical device consists of a string of beads, each bead being representative of an intake number and further including a securable but detachable clasp whereby the clasp can be positioned and repositioned with respect to the beads to provide an indication of cumulative dietary sodium intake during an intake period by the position of the clasp with respect to the beads.

15. The method of claim 1 wherein the step of maintaining a running sum of intake points during an intake period comprises the step of cumulatively counting the sum on a programmable electronic device having a human input interface for inputting intake numbers, a memory for retaining information inputted, to include a removable data storage memory stick, a visual display for reading information input and a cpu for controlling function.

16. A device for tracking sodium intake comprising:

a) a table setting forth in a user readable format a ratio based relationship between dietary sodium by quantity and an intake point numbers scale; and

b) a second number scale presented in a format that allows for the cumulatively counting of intake point numbers to thereby allow for the counting of total intake point numbers that are equivalent to sodium intake of an individual using the device.

17. The device of claim 16 wherein the device further comprises a first sheet with said first scale and said second scale on said first sheet and a second sheet that when positioned over said first sheet and movably connected at at least one pre-designated connection point allows for movement of said second sheet over the first sheet with the entire first scale visible at all time and the intake point numbers can be observed through an opening in the second sheet in consecutive order through that opening in the second sheet as the second sheet is moved over the first sheet in relation to the at least one connection point so that intake points can be consecutively added to thereby maintain a running total of intake points.

18. The device of claim 17 wherein said first sheet has the first scale laid out in a circular pattern around a center point in said second sheet and said second scale is also laid out in a circular pattern around said center point wherein said at least one connection point that movably connects said second sheet to said first sheet is at said common center point and said second sheet has an opening in it that reveals the numbers of the second scale in consecutive order as the first sheet is rotated about the second sheet while said second sheet is held in a fixed position to the first sheet.

19. The device of claim 17 wherein said first and second scales are laid out in a linear fashion on said first sheet and said second sheet is connected to said first

sheet at said at least one connection point is a slideable fashion such that said first scale is always visible and consecutive intake numbers are viable through an opening is said second sheet as said second sheet slides over said first sheet so that a person tracking sodium intake and maintain a running tabulation of dietary sodium consumption based on total accumulated intake points observable through said opening.

20. The device of claim 16 further comprising a programmable computer system including a user input interface, a visual display, internal and removable portable memory, cpu and functional circuitry and wherein said table is implemented in a electronic format for storage in said memory and retrievable for display when necessary and said second scale implemented in an electronic format for storage in said memory and available thorough said user interface for incrementally counting and saving a summation of total intake points accumulated during a preset period.

21. The device of claim 19 wherein said programmable computer system is selected from a group including: a personal computer, a personal digital assistant, and electronic calculator and a cellular telephone.

22. A method for recording dietary sodium intake comprising the steps of:

a. converting the weights of dietary sodium intake to a simple sodium point measurement system where each sodium point represents a fix ratio of a standard weight measurement of dietary sodium; and

b. tabulating cumulative dietary sodium intake by accumulating sodium points representative of a patient's amount of sodium intake.

23. A device for accumulating sodium intake points comprising:

a dial wheel having a bottom sheet and a top sheet;

the bottom sheet having an outer ring table and an inner ring numbers scale, the outer ring table providing a conversion between milligrams of sodium to sodium points based on a preset relationship, and the inner ring of numbers being a scale of progressively increasing sodium point numbers daily accumulation of sodium points representing sodium ingestion, the dial wheel including a manually rotatable dial wheel cover that covers the inner ring, the dial wheel cover having an open view window exposing a single number on the inner ring, wherein rotation of the cover exposes successive numbers in the view window to track the number of sodium points the patient has ingested.